Work on your posture: stand with your back against the wall.

Flex and extend your wrists & elbows throughout the day.

Reach your arms up to stretch your shoulders and take a deep breath in. You could do one arm at a time to stretch your back & rib muscles.

Reach your arms back to stretch your chest – move your wrists for an added stretch.

Tilt your pelvis forward and backward while sitting.

Put your heel up on a step and lean forward to stretch the back of your leg.

Kick your leg back or to the side to stretch your hips if you’ve been sitting for a while.

Try doing 10 kicks both directions with both legs.

Move your ankles & toes around while sitting – try to write the alphabet with your feet.

Sit tall as if you have a crown on your head.

Squeeze your shoulder blades back and down – “put your shoulder blades in your back pockets.”

Stand up and stretch your quadriceps and hip flexors. Keep your knees close together. Hold on if you need to.

The more you move throughout the day, the happier your body will be. Take a quick break to move your body in the opposite direction than it has been while sitting. If any of these exercises bother you, please seek medical attention.

HUMBOLDT STATE UNIVERSITY
Stretches & Exercises for the Office
Safety Week 2017

Contact: Paul Vrabel – Safety Coordinator (826-5711)
Exercises by: Whitney Ogle, DPT – KRA (826-5929)
Models: Madison Kirkpatrick, Kevin Colando, Denise VandenBos, Paul Vrabel, Ali Moradi, Whitney Ogle. (Thank you!!)